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## Services

- Provided in outpatient setting
- Assessment & referral services
- Rapid drug testing provides immediate results
- Individual, group and family sessions



## Programs

- **Outpatient\Intensive Outpatient**
- **Early Intervention**
- **Smoking Cessation Group**
- **Anger Management Group**



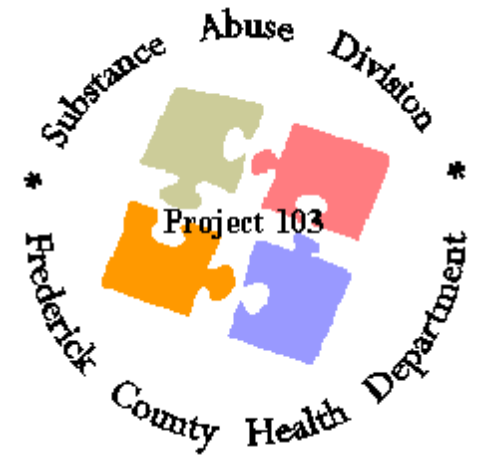
350 MONTEVUE LANE

*Frederick, Maryland 21702*

*(301) 600-3297*

# ***ADOLESCENT SUBSTANCE ABUSE SERVICES***

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Meeting the needs of Frederick County youth for more than 25 years by providing evaluation, assessment and treatment of substance use problems. Program services are directed by the belief that with education and strong family involvement substance use problems can be addressed and treated.

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### Fees/Scheduling

- No charge screenings available
- Intakes and evaluations scheduled by appointment
- Fees based on a sliding scale
- Medical Assistance and private insurance plans accepted upon approval



### Program Goals

- Provide accurate information regarding the use of all substances
  - Assist clients in the development of substance use protective or refusal skills and plans to avoid continued use
  - Enhancement and learning of substance free life skills
  - To support parents in their role as primary prevention advocates for their children.
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### Description of Services

- **Intensive Outpatient** – clients attend up to 5 nights each week to include recovery, family, life skills and art activity groups. Individual therapy will be provided as needed to supplement the group experiences.
  - **Outpatient** – clients attend 1 or more nights each week depending on individual treatment needs and can include recovery, family, life skills and art activity groups. Individual therapy will be provided on an as needed basis.
  - **At Risk Group** – clients attend 1 educational group each week and individual counseling will be provided as needed.
  - **Family Group** – clients and their families will attend group 1 night each week for an educational session.
  - **Smoking Cessation & Anger Management Group** – clients attend 1 group each week.
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### Adolescent 12 Steps of Recovery

Admitted that when we participate in drinking, drugging, and acting out behavior that our lives get out of control.

Came to believe that we could change with the help of others.

Made a decision to work with others to make changes in our behavior and our value system.

Made a list of behaviors we need to change and recognized the positive strengths we have that will help us make these changes.

Shared our list with another person.

Were ready to leave these old behaviors, attitudes and values behind.

Became willing to work with others to change these old behaviors, attitudes and values.

Made a list of people, including myself, that have been hurt by our behavior and decided to make amends to them.

Took responsibility for our behavior and for forgiving ourselves by making amends to people who have been hurt by our behavior.

Continue to take responsibility for ourselves and admit when we were wrong.

Tried, with the help of others, to be a better person, someone we can be proud of and live with, without using drugs or alcohol.

Having been able to change our lives with the help of others, we offer our help to others.

Alcoholics Anonymous, 1976